

I claim:

- 1        1. A sports swing training apparatus for use in conjunction with a sports implement, the  
2                apparatus comprising:  
3                a hollow, inflatable plastic body member having a central axis and comprising a core portion  
4                with a central opening formed therein adapted to receive a shaft of the sports implement, said  
5                central opening extending through said body member along its central axis, and  
6                a plurality of wing sections attached to said core portion and extending outwardly therefrom in  
7                an inflated configuration of the apparatus.
- 1        2. The apparatus of Claim 1, wherein said body member comprises a felted, flocked fabric or  
2                other non-glossy surface on the interior of said central opening.
- 1        3. The apparatus of Claim 1, wherein said body member is substantially X-shaped in cross  
2                section, and wherein said wing sections are spaced substantially 90 degrees apart.
- 1        4. The apparatus of Claim 1, wherein said body member further comprises ribs positioned  
2                thereon between adjacent wing sections.
- 1        5. The apparatus of Claim 1, further comprising an attachment loop or hook attached to said  
2                body member for use in connecting said apparatus to an accessory.

1        6. The apparatus of claim 1, wherein the core portion has a slit formed therein substantially  
2                parallel to the central axis, and at least one fastener for attaching the sides of said core  
3                portion together at said slit.

1        7. A sports swing training apparatus for use in conjunction with a sports implement, the  
2                apparatus comprising:  
3                a plastic body member formed from a closed-cell foam material and having a central axis, said  
4        body member comprising a core portion with a central opening formed therein to receive a shaft  
5        of the sports implement, said central opening extending through said body member along its  
6        central axis, and  
7                a plurality of wing sections integrally formed with and extending outwardly from said core  
8                portion.

1        8. The apparatus of Claim 7, wherein said body member comprises a felted, flocked fabric or  
2                other non-glossy surface on the interior of said central opening.

1        9. The apparatus of Claim 7, wherein said body member is substantially X-shaped in cross  
2                section, and wherein said wing sections are spaced substantially 90 degrees apart.

1        10. The apparatus of Claim 7, further comprising an attachment loop or hook attached to said  
2                body member for use in connecting said apparatus to an accessory.

1 11. The apparatus of claim 7, wherein the core portion has a slit formed therein substantially  
2 parallel to the central axis, and a fastener for attaching the sides of said core portion  
3 together at said slit.

1 12. A sports swing training apparatus comprising:  
2 an elongate, one-piece body member comprising a unitary inflatable plastic member having a  
3 core portion and a central axis, said body member having at least one fastener thereon for  
4 attaching the sides of said core portion together at said slit; and  
5 a plurality of wing sections integrally formed with and extending outwardly from said core  
6 portion;  
7 wherein said body member has central opening formed therein that extends therethrough along  
8 its central axis, and wherein said core portion has a slit formed therein substantially parallel to  
9 the central axis and in communication with said central opening.

1 13. The apparatus of Claim 12, wherein said wing sections have flattened outer ends.

1 14. The apparatus of Claim 12, wherein said body member comprises a series of ribs located  
2 in the areas located between each wing section.

1 15. The apparatus of Claim 12, wherein said body member comprises a felted, flocked fabric  
2 or other non-glossy surface on the interior of said central opening.

1 16. The apparatus of Claim 12, wherein said body member is substantially X-shaped in cross  
2 section, and wherein said wing sections are spaced substantially 90 degrees apart.

1 17. The apparatus of Claim 7, further comprising an attachment loop or hook attached to said  
2 body member for use in connecting said apparatus to an accessory.